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# Ladner wins NPA nomination

By **JEFF HODSON**
Metro Vancouver

Vancouver will have a new mayor in November after Coun. Peter Ladner defeated Mayor Sam Sullivan yesterday evening to claim the mayoral nomination for the Non-Partisan Association (NPA).

Ladner, a two-term councillor, received 1,066 votes to Sullivan's 986 for the nomination in the Nov. 15 civic election.

Sullivan, who has been on council for the past 15 years, said he would "go off into the sunset" and would not run for council.

"Sam was the one who persuaded me to get into politics," said Ladner, adding that he ran for the mayor's nomination out of a loyalty to the NPA.

"I think I can offer a better alternative and that we can win in November," he said. "But I wish there was a way to do it without having to deliver this blow to Sam Sullivan."

Sullivan, Ladner said, worked harder than any other mayor in the city's history.

Sullivan said he was philosophical about the loss.

**Vision Vancouver**

» Ladner's competition for mayor will be determined at Vision Vancouver's nomination meeting next weekend and will be either Coun. Raymond Louie, Park Commissioner Allan De Genova or NDP MLA Gregor Robertson.

"I do my best and then I throw my fate into the hands of God."

Earlier in the day, however, a protester poured a pitcher of cola on Sullivan.

The mayor joked that he was hot, thirsty and couldn't get his hair under control.

"I got cooled down. I had a little drink and my hair stayed in place. It's incredible what Coca-Cola can do for your hair."

*– jeff.hodson@metronews.ca*

» celeb buzz p.14

**healing**
Shania opens up about her split

» workology p.9

Hot jobs on the frontline at the PNE

» entertainment p.12

Alicia Keys overcomes struggles

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RAFE ARNOTT/METRO VANCOUVER

## Photo finish

Victoria's Simon Whitfield, centre, pours it on during a dramatic finish with Russia's Igor Sysoev, left, and American Matthew Reed in yesterday's International Triathlon Union world championship in Vancouver. Whitfield finished in sixth place, four one-hundredths of a second behind Reed. Coverage, page 2.

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# local

The swim portion of Saturday's triathlon age-group world championships was cancelled due to poor weather. The cold waters of English Bay were choppy due to high winds and 1,030 athletes completed a duathlon only.

METRO VANCOUVER

# 'That was tough'

## Canadians have difficult day as Europeans win men's, women's races

Spain's Javier Gomez and Great Britain's Helen Tucker won yesterday's men's and women's triathlon world championship in Vancouver — the last qualifier for the Beijing Olympics — in what turned out to be a tough afternoon for Canadian competitors.

Victoria's Simon Whitfield, easily the crowd favourite, finished in sixth clocked at 1:50.27.90, despite being first out of the water. He sprinted toward the finish line and lay flat on his back shortly after crossing it.

**top 3**

» Men:
Javier Gomez, Spain, right
Bevan Docherty, New Zealand
Reto Hug, Switzerland.
» Women:
Helen Tucker, Great Britain, left
Sarah Haskins, U.S.
Samantha Warriner, New Zealand

"That was tough, very tough," he said.

Gomez, 25, crossed the line at 1:49.48.36 seconds.

On the women's side, Kathy Tremblay of Montreal was the top Canadian, finishing 21st in 2:05.24.85.

"Overall I had a good race, I didn't have the swim I expected," Tremblay said.

She added the weather didn't slow her down.

"It didn't really affect me, I was prepared for that (and) wore long sleeves."

Victoria's Kirsten Sweetland finished 38th, despite running on an injured foot.

"I thought it'd be OK," Sweetland said. "We froze my foot, but it didn't seem to work."

She refused to quit.

"I just needed to finish for myself."

She needed a Top 8 finish to automatically qualify for this year's Summer Olympics.

"It's out of my hands, we'll wait and see," Sweetland said after her race.

"Maybe I'll go watch the Sex And The City movie."

Tucker's win was an upset as she only decided to take part in the triathlon 10 days ago.

"It's my new favourite place, Vancouver," she said, adding that it'll take a few days for the win to sink in.

Defending champion Vanessa Fernandes of Portugal finished 10th.

Canada's Olympic team will be announced by Triathlon Canada today.

METRO VANCOUVER

**TOP LEFT: No. 65 Maria Pujol of Spain leads the chase pack through a dangerous s-curve on the course between Davie and Milton streets.**
**TOP MIDDLE: No. 77 Yiming Zhang of China flies past the Milton and Denman streets corner.**
**TOP RIGHT: No. 5 Helen Tucker of Great Britain hugs No. 47 Sarah Haskins of the U.S.**
**BOTTOM RIGHT: Athletes race from the water to the bikes during the Elite Women's Triathlon World Championships.**

PHOTOS BY RAFE ARNOTT/ METRO VANCOUVER

A strike at local Save-On-Foods and PriceSmarts is looming after the United Food and Commercial Workers Union served Overwaitea — the supermarkets' parent company — with a 72-hour strike notice. The notice will be official once it's been served to the Labour Relations Board.

SOURCE: NEWS1130.COM

# Nominees decided

## School board, city council not part of voting

Overshadowed by Coun. Peter Ladner's victory yesterday over Mayor Sam Sullivan seven park-board hopefuls also vied for four slots on the Non-Partisan Association (NPA) ticket.

Incumbent commissioner Ian Robertson as well as two past commissioners, Laura McDiarmid and Christopher Richardson, were nominated along with Sharon Urton, a community organizer.

Keith Roy, Naresh Shukla and Wai Sin were not nominated.

NPA nominations for city council and school board were done by acclamation and were not part of yesterday's voting.

For council, incumbent councillors Suzanne Anton, Elizabeth Ball and Kim Capri are joined by parks commissioner Korina Houghton and architect Michael Geller.

On school board, trustees Ken Denike, Carol Gibson and Clarence Hansen are up for re-election, joined by Sophia Woo, a mental health clinician.

A second nomination meeting will be held in September to fill out the slate.

JEFF HODSON/METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

Mayor Sam Sullivan, left, congratulates Coun. Peter Ladner after yesterday's NPA nomination meeting. A second nomination meeting will be held in September to fill out the slate.

# Ocean deadline not met: Groups

## Government urged to look at protecting threatened waters

A coalition of West Coast environmental groups said the federal government failed to meet yesterday's deadline — World Ocean's Day — to initiate a planning process to protect B.C.'s threatened North Coast waters.

Since February, more than 20 scientists from across Canada have signed on in addition to the David Suzuki Foundation, the Living Oceans Society and the Sierra Club B.C.

"The health of our ocean will continue to deteriorate if we don't take steps to improve ocean management and establish conservation areas in sensitive ocean environments," said Bill Wareham, senior marine conservation specialist for the David Suzuki Foundation.

The scientists say that about 70 bottom-trawl vessels operate in B.C. and that they are equivalent to clear-cutting the ocean floor.

The environmental organizations want the federal government to ratify a protocol for marine-use planning that includes B.C.'s First Nations and coastal residents, as well as the establishment of a secretariat to operate the planning process.

METRO VANCOUVER

**illegal harvesting**

» The area in question is home to blue whales, which have were hunted to near extinction between 1905 and 1967 and Northern Abalone, which is still illegally harvested.

# Pedestrian-vehicle collisions kill three

By **KRISTEN THOMPSON**
Metro Vancouver

Three people were killed on Lower Mainland roads on the weekend in pedestrian-vehicle collisions.

A 16-year-old New Westminster girl was hit by a motorcycle while trying to run across McBride Boulevard, where there is no crosswalk.

The victim and driver of the motorcycle, a 39-year-old man, were rushed to hospital on Saturday afternoon.

Both died of severe head trauma, Sgt. Steve Meaden said yesterday.

In Port Moody, a 73-year-old Coquitlam man died after being hit by a car early yesterday morning.

The driver, a New Westminster man in his 20s, hit the victim, sending him roughly 15 metres down the road.

Port Moody Police Sgt. Phil Reid said investigators are trying to figure out how fast the driver was going.

None of the victims' names have been released.

*–kristen.thompson@metronews.ca*

WITH FILES FROM JOYCE YIP

## »news In Brief

» **SHOOTING** A Maple Ridge woman in her 20s is recovering in hospital after being shot in the back, news1130.com reports. RCMP Insp. Grant Wilson said she is expected to recover. There are no suspects.

» **ARRESTS** Police have arrested one man and seized weapons and ammunition from a north Delta home after a standoff on Saturday. Officers allegedly arrived at the home after a man reported he had been held there against his will.

» **MADD** The Greater Vancouver chapter of MADD has closed its doors, cknw.com reports. Local representatives said its head office wasn't financially supporting the branch, but CEO Andy Murie said local volunteers didn't fundraise, which limited their funds.

» **ACCIDENT** The driver of a car that hit and injured a 16-year-old girl in Chilliwack has turned himself in. The girl had been walking along Chilliwack River Road on May 30 when she was struck. A 56-year-old Chilliwack man has claimed responsibility for the accident.

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PCTIA ACCREDITED

The Vancouver edition of Canada AM has been cancelled by CTV. According to the network, the cancellation affects only the local aspects of the show, which had only been running for about five months. The rest of the broadcast remains unchanged.

SOURCE: CKNW.COM

# 5 from B.C. arrested in drug ring

## Lower Mainland men nabbed in Washington state

By **KRISTEN THOMPSON**
Metro Vancouver

Five Lower Mainland men have been indicted in a massive cross-border drug ring that was busted in Washington state.

Two of the men work for an Abbotsford car dealership, Don Quast Hyundai, including the president's son, Devron Quast, 38, and a sales manager, Phil Stone, 45.

The indictment claims that Quast oversaw day-to-day operations of marijuana transportation and provided insurance to suppliers that the drugs would be delivered.

If convicted, he could face up to life in prison.

Also named in the indictment is Robert Shannon of Maple Ridge, the alleged kingpin of the operation, who worked on behalf of the Hells Angels, Richard Jansen, 33, of Chilliwack, and Tomohisa Kawabata, 34, of Vancouver.

The arrests come after a three-year undercover investigation by several American agencies.

Police said a total of 38 suspects, including 12 Canadians, have been arrested since the investigation began.

*-kristen.thompson@metronews.ca*

**large seizure**

» They seized more than three tons of marijuana, around 600 kilograms of cocaine and around $3.5 million in cash, which were smuggled across the border in, among other things, hollowed out logs, fake walls of cargo containers and propane tanks.

# Dad wants apology from driver

A Vancouver man said he wants an apology from transit authorities after a bus driver refused to help find a man who allegedly assaulted his three young daughters.

Howard Glase told CBC News that a man accosted his girls, aged seven, nine, and 12, on their way home from their east-end school on Wednesday.

The man allegedly kissed their feet and then ran through Slocan Park toward the 29th Avenue SkyTrain station.

Glase said he rushed to the station in search of the man and parked in a bus zone while he called 9-1-1.

When a bus driver approached, Glase said he thought the driver had come to help, but instead he was allegedly uninterested.

The driver told Glase that if he didn't move his car he'd get a ticket and took pictures of his licence plate.

A spokesman for the Coast Mountain Bus Co., which operates SkyTrain, said the company will investigate Glase's claim and take action if necessary.

Police later arrested a 42-year-old suspect.

KRISTEN THOMPSON/METRO VANCOUVER

# Fire crew finds body, drugs in apartment

A Kitsilano apartment was evacuated after fire crews found the body of a 44-year-old man and what they believe to be a drug lab in a third floor suite.

Battalion Chief Jeff Dighton said the victim, who lived in the apartment, likely died from inhaling fumes.

The three-storey apartment near Broadway and Balsam Street was evacuated Saturday afternoon and a Hazmat team called in.

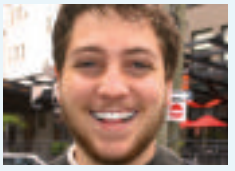
Police haven't released the man's name, nor what type of drugs might have been being produced.

KRISTEN THOMPSON/METRO VANCOUVER

TODAY'S
## *debate*

**Vancouver's gas prices have hit $1.45 per litre — the highest in the country. Have rising fuel costs forced you to change your lifestyle?**

**SAMANTHA WEITZIDO**
**22**
**Student**
"My main concern is the rising prices for food and bus passes because of the gas hike. I had to get a ticket to go back to Ontario and my mom had to spend a lot more on airfare because of the rising gas prices. Now I am not sure if I can go back next summer."



**DANIEL ELNECAVE**
**22**
**Student**
"I don't drive, so it doesn't really affect me that much. But transit prices have gone up from $2.25 to $2.50 earlier in the year because of the higher gas prices, so we have to pay more now to bus around."

**JONIE PASCUAL**
**27**
**Nurse**
"I just went and bought a bike last week, so now I am going to bike around to do errands. I still have my car for work because I have to cross a bridge. But for small errands or stuff like going to the gym, I'm going to use the bike."

JOYCE YIP/FOR METRO VANCOUVER

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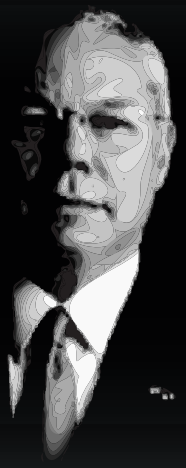

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# canada

Canadian gas prices rose this weekend after oil finished the week at a record high, closing at $138.54 US a barrel. In some Canadian cities, gasoline prices rose four to 10 cents a litre overnight.

SOURCE: CBC NEWS ONLINE

# Soldier dies after fall

## Plunges 20 metres down well while on patrol in Zhari

By **JEFF CUMMINGS**
Metro Edmonton

An Edmonton-based soldier described as a role model to Afghan troops in the country's Zhari District was killed on the weekend after falling 20 metres down a well while on night patrol.

Capt. Jonathan (Jon) Sutherland Snyder was a member of the First Battalion with the Princess Patricia's Canadian Light Infantry, based at the Edmonton Garrison.

The Penticton, B.C.-raised soldier was on his second tour of duty in Afghanistan and it was his third mission overseas.

"Jon was serving as a mentor and role model to members of the Afghan National Army, and his leadership in the field likely saved both Canadian and Afghan Lives," said Brig-Gen. Denis Thompson in a statement.

"We will not forget his sacrifice as we continue our mission to bring peace and stability to citizens of Afghanistan."

Snyder was going to get married after his mission. He also leaves behind his parents.

Since Ottawa sent troops to Afghanistan in late 2002, 85 soldiers and one diplomat have been killed.

## On the water **Dragon boating**

BEN LEMPHERS/METRO EDMONTON

**Experienced members of the Edmonton Dragon Boat Racing Club take one of the club's 40-foot boats on the river yesterday afternoon. The club has won several regional gold medals over the last three years but due to fast current and high water, not all members were able to go out on the water on this day.**

## Issues with immigration?

Canadians' vision of themselves as hospitable to people fleeing persecution elsewhere doesn't entirely hold up, a poll for a prestigious think-tank says.

While Canadians champion the idea of allowing skilled workers or separated family members into the country, they are less enthusiastic about refugees, concludes the poll by Nanos Research in for the June issue of Policy Options magazine, published by the Montreal-based Institute for Research on Public Policy.

The poll asked people whether three factors should be considered important when selecting immigrants. Across Canada, 68.2 per cent chose job skills, 58.8 per cent said family reunification and only 40.1 per cent picked refugee status — down sharply.

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My stomach is flat again

**Cathy Summers was devastated for several years because of her problems with yeast. She felt bloated, had gained weight, craved carbohydrates and her energy levels were lower than ever. It was also putting a real toll on her relationship with her boyfriend Peter.**

**I WAS DESPERATE**

"Nobody seemed to take my condition seriously and no remedy would help me. But through at local health food store I got in contact with a naturopath and he was in no doubt, after hearing my symptoms; I had an imbalance in my intestines between healthy bacteria and yeast cells. He told me how common it is that yeast fungi overgrow in the intestines, but that most people don't know they have the problem. Actually, one in three of his female customers experienced these problems."

**I TRIED DIDA**

"The naturopath gave me a list of things to avoid, such as white sugar, white flour, candy, processed foods and active yeast (bread). He then put me on two dida tablets a day, for eight weeks and told me to take them with a meal."

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**YEAST LOVES SUGAR - BUT HATES CINNAMON!!**

Candida fungi can overgrow if you eat a poor diet (refined sugars especially), if you have used antibiotics or birth control pills, or if your immune system is weak (malnutrition, overtraining, bad health in general).

Most people don't even know they suffer from Candida overgrowth, but women recognize it, when they get a yeast infection. The normal medical treatments are lotions or pills. These are effective but don't provide a long-term solution. Furthermore, over 40% of sufferers re-experience Candida problems after using these treatments.

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# world

ISSEI KATO/REUTERS

An ambulance worker escorts a man at Tokyo's Akihabara shopping and amusement district yesterday.

# 7 die in rampage

## Passersby stabbed in busy Tokyo shopping district

A man who said he was tired of life went on a stabbing rampage yesterday in a crowded Tokyo shopping street, killing seven people and wounding a dozen others.

The man drove a rental truck into a crowd of pedestrians at lunchtime and then walked down the street knifing passersby in Akihabara district, known for its discount electronics and maid cafes.

**man confronted**

» Witnesses said the rampage was stopped when a policeman armed with a gun confronted the man, who NHK television said was shouting as he cut down his victims.

"I came to Akihabara to kill people," Kyodo news agency quoted the attacker as telling police. "I am tired of the world. Anyone was OK. I came alone."

A Tokyo police spokesman said at least seven people had been killed and 12 wounded.

"The man jumped on top of a man he had hit with his vehicle and stabbed him with a knife many times," Kyodo quoted a 19-year-old witness as saying. "Walking toward Akihabara Station, he slashed nearby people at random."

The dead were six men aged 19 to 74 and a 21-year-old woman, the news agency said. The police said a man had been arrested, and television stations showed a slight, blood-splattered 25-year-old being herded into a police car.

REUTERS

# Earthquake kills two in Greece

## Tremor injures 125, dozens of homes damaged

An earthquake struck southern Greece yesterday, killing two villagers, injuring 125 people and damaging dozens of homes, authorities said.

Panicked residents ran into the streets and some jumped from balconies when the quake, measuring 6.5 on the Richter scale, struck at 3:25 p.m. local time, 54 km south of the western port city of Patras.

The village of Kato Achaia, near the epicentre, appeared to be hardest hit by the tremor, which was felt as far away as Italy.

One man was found dead under a collapsed wall and an 80-year-old woman from a nearby village died in hospital of a heart attack after being injured.

A Reuters witness said about half a dozen old houses at the entrance of the village had collapsed and one church had visible damage.

Aftershocks were continuing, with many residents in the region set to spend the night outdoors and in cars, too scared to return to their residences.

REUTERS

## »news In Brief

» **CHINA** A lake created by the Chinese earthquake which threatens to unleash a devastating flood is still rising despite urgent efforts to drain the waters off safely, Xinhua news agency reported yesterday.

» **POLITICS** Pakistan's ruling party has said it is determined to curtail the powers of the presidency in favour of parliament, whether President Pervez Musharraf likes it or not.

» **U.S.** With Hillary Clinton out of the U.S. presidential race, Democrats yesterday began healing wounds from a bruising nominating contest and speculated about Barack Obama's vice-presidential choice.

» **BLAST** Two bombs exploded yesterday at a railway station east of Algiers, killing 12 people including a French engineer, diplomats and security sources said. REUTERS

# business

The South Korean government vowed yesterday to crack down on street protests after daily candle-lit rallies against President Lee Myung-bak's decision to resume imports of U.S. beef turned into a violent clash with police. REUTERS

# G8 meet over oil crisis

## Talks focus on curbing demand

**OPEC stands firm**

» OPEC members said yesterday they saw no need to pump more oil in response to last week's surge in oil prices that top exporter Saudi Arabia described as unjustified.

Group of Eight energy ministers yesterday looked inward for solutions to oil's unrelenting rally, touting the need for efficiency rather than piling pressure on a resistant OPEC to pump more crude.

Oil prices jumped more than $10 higher on Friday to a record $139 US a barrel, the biggest one-day surge.

But the Group of Eight nations — plus non-G8 China, India and South Korea — could agree on little more than expressing "serious concerns" over oil prices.

Amid a growing acknowledgement they would have to find ways of tempering demand rather than counting on producers to pump ever more oil, they focused on technology, conservation and diversification.

The group also called on oil producers to boost investment to ensure steady supplies, but they did not ask them to pump more crude today, despite growing public anger over climbing fuel prices.

Oil has doubled in a year and risen 44 per cent since January, forcing developing countries such as Indonesia and India into unpopular fuel price rises.

REUTERS

## »news In Brief

» **JOBLESS** A surge in manufacturing jobs helped employment rise by 8,400 overall in May, Statistics Canada said Friday. Part-time work accounted for all the gains. Across Canada, a net loss of 32,200 full-time jobs occurred. The unemployment rate was unchanged at 6.1 per cent.

TORSTAR NEWS SERVICE

## Kearl approvals restored

Imperial Oil Ltd. again has all the approvals it needs to go ahead with its $8-billion Kearl oilsands project after the Department of Fisheries and Oceans reinstated its authorization, revoked in March during a legal battle.

The department gave Imperial a new permit Friday to disturb fish habitat at the site. The company, which aims to develop the 300,000 barrel a day project along with U.S. oil major Exxon Mobil Corp., said it can now resume site preparation at Kearl, located north of the oilsands hub of Fort McMurray.

REUTERS

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TRANSLINK'S ANNUAL GENERAL MEETING

The public is invited to attend TransLink's Annual General Meeting, to be held:

**Tuesday, June 24 2008**
**9:00 a.m. to 11:00 a.m.**
**Firefighters Hall - 6515 Bonsor Avenue, Burnaby**

TransLink's 2007 Annual Report will be available and there will be a report from Chair Dale Parker.

A question and answer period will follow. Further details and directions are available at **www.translink.bc.ca** or by calling **604-453- 4611**

TRANSLINK
www.translink.bc.ca

# sports

19-year-old Tour rookie Tseng Yani, left, of Taiwan birdied the fourth hole of a sudden-death playoff against Sweden's Maria Hjorth to win the LPGA Championship yesterday for her first major title. REUTERS

# Celtics barely hang on

## Lakers almost come back from 24-point deficit

**CELTICS 108 LAKERS 102**

ELSA/GETTY IMAGES

**Boston Celtics forward Leon Powe, centre, scored 21 points in only 15 minutes of play to help lead Boston to a 108-102 win over the Los Angeles Lakers last night.**

In what had been a blowout with under eight minutes remaining, the Boston Celtics denied the Los Angeles Lakers one of the most incredible comebacks in playoff history, holding on for a 108-102 win last night in Game 2 of the NBA Finals.

Paul Pierce showed little effects of a knee injury, scoring 28 points, including hitting two big free throws in the final minute for the Celtics, who nearly blew a 24-point lead in the fourth, but moved to 12-1 at home in the playoffs and are halfway to their first championship since 1986.

Pierce, who was carried off the court with a sprained right knee in the third quarter of Thursday's opener before coming back to lead the Celtics to a 98-88 win, shot 9-of-16 from the field and had eight assists.

Leon Powe led a spirited effort from Boston's bench with a playoff career-best 21 points. Powe, who came into the game averaging 4.6 points in the playoffs, went 6-of-7 from the floor and 9-of-13 at the foul line.

Kevin Garnett totalled 17 points and 14 rebounds in the win, while Ray Allen had 17 points and Rajon Rondo finished with 16 assists for Boston.

Kobe Bryant had 21 of his 30 points in the second half for the Lakers, who also got 17 points and 10 rebounds from Pau Gasol. Vladimir Radmanovic had 13 points and 10 boards.

Game 3 is tomorrow at the Staples Center, where the Lakers have dominated in the postseason. The Lakers have won 14 straight home games, including eight in a row in the playoffs. METRO NEWS SERVICES

# Poland undone by a native son

## Polish-born Podolski scores twice for Germany

**EURO2008**

Euro 2008 favourites Germany made a winning start with a 2-0 victory over Poland in Klagenfurt yesterday, but there was trouble in the Austrian city as 140 mainly German fans were detained by police.

Germany's win sent them to the top of Group B after Croatia had earlier ground out a 1-0 victory over Austria who, like fellow co-hosts Switzerland the day before, started the championship with a narrow defeat.

Widely seen as the weakest teams in their respective groups, Austria and Switzerland risk an early exit from a tournament already struggling to fire the imagination of the home fans.

On the pitch things could not have gone better for Germany. Their Polish-born forward Lukas Podolski scored both goals to secure their first victory at a European Championship since they won the final of Euro 96 at Wembley.

Podolski steered the ball into an empty net midway through the first half from a pass by Miroslav Klose, another Polish-born striker, and volleyed the second in the 72nd minute.

Victory for Germany over Croatia in Thursday's game would make a place in the last eight a formality.

Croatia were much less impressive when they took three points from the day's opening game, which was decided by a fourth-minute penalty slotted home by Luka Modric. REUTERS

**NHL**

## Wings' Hasek set to retire: Reports

**ANNOUNCEMENT** Detroit Red Wings goalie Dominik Hasek will announce his retirement at a news conference today according to various media reports.

Hasek has won six Vezina Trophies and two Hart Trophies in his NHL career.

**soccer**

## Whitecaps men, women both win

**SWEEP** Vancouver Whitecaps FC took both of its games at Swangard Stadium on Saturday in front of a sold-out crowd of 5,288.

In the first game, the Whitecaps women remained unbeaten in the W-League Western Conference, taking a 3-1 victory over the rival Seattle Sounders. The men followed with a similar result in the evening contest, as they came from a goal down to defeat the Portland Timbers 3-1 to remain on top of the USL First Division standings. METRO NEWS SERVICES

# Nadal remains King of Clay

## Wins fourth straight French Open title

In the end Roger Federer, like the incredulous crowd at Roland Garros, had no choice but to salute Rafael Nadal.

The irrepressible Spaniard put a shell-shocked Federer firmly in his place with a brutal 6-1, 6-3, 6-0 demolition to complete the most lopsided French Open men's final victory for 31 years.

Nadal

Nadal protected his aura of invincibility in devastating style to take his place alongside Bjorn Borg as the only men to have won four successive French Open titles.

After the one hour 48-minute destruction, even Nadal was embarrassed to celebrate his triumph and told Federer during the presentation ceremony: "I'm sorry for that final but you played well. I want to thank (you) for (your) attitude on the court."

A dejected Federer added: "I would have hoped to do better than four games but Rafael is very, very strong."

Nadal's victory over the world number one finished off the most dominant men's French Open campaign in 28 years. REUTERS

# Kubica wins Canadian Grand Prix

## First F1 victory for driver and team

REUTERS/MATHIEU BELANGER

**BMW Sauber driver Robert Kubica celebrates his win at the Canadian F1 Grand Prix in Montreal yesterday.**

Poland's Robert Kubica took his and BMW Sauber's first grand prix victory in Montreal yesterday to wrest the Formula One championship lead from McLaren's Lewis Hamilton on a miserable afternoon for the Briton.

Hamilton, who enjoyed his breakthrough win on the same course last year, inexplicably drove into the back of Kimi Raikkonen's Ferrari in a pit-lane collision that put the top two drivers out of the race.

In their absence, Kubica seized his chance.

He took the lead on lap 43 when Toyota's Timo Glock pitted and took the checkered flag ahead of German team mate Nick Heidfeld in a momentous one-two finish for the Swiss-based team. REUTERS

## SCOREBOARD

### NBA

**NBA FINALS**
**BOSTON VS. L.A. LAKERS**
Game 2 — Last night
Boston 108 L.A. Lakers 102
Game 3 —Tomorrow
Boston at L.A. Lakers, 6
Game 4 —Thursday
Boston at L.A. Lakers, 6
Game 5 —Sunday
*Boston at L.A. Lakers, 6
Game 6 — Tuesday, June 17
*L.A. Lakers at Boston, 6
Game 7 —Thursday, June 19
*L.A. Lakers at Boston, 6
(Boston leads series 2-0)
(* – if necessary)

### MLB

**YESTERDAY'S RESULTS**
**AMERICAN LEAGUE**
Toronto 5 Baltimore 4
Boston 2 Seattle 1
Chicago White Sox 12 Minnesota 2
Detroit 5 Cleveland 2
N.Y. Yankees 6 Kansas City 3
Oakland 7 L.A. Angels 3 (12 ings)
Texas 6 Tampa Bay 3
**NATIONAL LEAGUE**
Florida 9 Cincinnati 2
Milwaukee 3 Colorado 2
Philadelphia 6 Atlanta 3
Pittsburgh 6 Arizona 4
San Diego 8 N.Y. Mets 6
San Francisco 6 Washington 3
St. Louis 5 Houston 4
Chicago Cubs 3 L.A. Dodgers 1
**TODAY'S GAMES**
**AMERICAN LEAGUE**
Kansas City at N.Y. Yankees, 10:05
Minnesota at Chicago White Sox, 11:05
Cleveland at Detroit, 4:05
Seattle at Toronto, 4:07
Tampa Bay at L.A. Angels, 7:05
**NATIONAL LEAGUE**
Arizona at Pittsburgh, 9:35
Cincinnati at Florida, 4:10 p.m.
San Francisco at Washington, 4:10

### EURO 2008

**YESTERDAY'S RESULTS**
Croatia 1 Austria 0
Germany 2 Poland 0
**TODAY'S GAMES**
Romania vs. France, 9
Netherlands vs. Italy, 11:45
**TOMORROW'S GAMES**
Spain vs. Russia, 9
Greece vs. Sweden, 11:45

### LOTTERIES

**Friday, June 6, 2008**
Lotto Super 7 — 3, 7, 29, 32, 39, 43 & 45. Bonus 4.
Extra — 8, 10, 47, 65.
**Saturday, June 7, 2008**
Lotto 6/49 — 27, 29, 33, 36, 46& 48. Bonus 24.
B.C. 49 — 1, 6, 17, 22, 36 & 39. Bonus 24.
Extra — 58, 60, 76, 94.
Results not official

## »news In Brief

» **MOTOR SPORTS** Kasey Kahne overcame an early pit road penalty to capture NASCAR's Pocono 500 yesterday. The win was Kahne's second in the last three Sprint Cup Series points races.

» **NHL** Former San Jose Sharks head coach Ron Wilson will likely sign a four-year $5.6M deal tomorrow to be the new coach of the Toronto Maple Leafs. Wilson has a 518-446-127 career record as a head coach in the NHL. Wilson is returning to his roots, having broken into the league with Toronto, where he played 64 games in the late 70s.

METRO NEWS SERVICES

# workology

Once considered the juvenile pursuit of vandals, graffiti art today can be professional. Toronto-bred professional graffiti artist Mediah, who just recently painted part of a bridge in Montreal, says there are numerous opportunities for professional, legal graffiti. METRO NEWS SERVICES

# Frontline jobs offered at PNE

## Prizes, scholarship among perks for exhibition work

By **ANDREW KING**
for Metro Vancouver

Organizers of the Pacific National Exhibition need 1,400 enthusiastic people to be a part of a "great working environment" for 17 days in August, where making money will also mean having fun.

"There are jobs for everyone," said vice-president of human resources Stacy Shields, who needs to hire people with all levels of experience to fill hundreds of frontline positions. They range from food and beverage attendants, to patrol personnel and casino attendant positions with wages ranging from $9.50 to $15 an hour for the fair that runs from Aug. 16 to Sept. 1.

**info**

» Applications can be submitted until June 15. For more info, visit *pne.ca*.

Shields said that PNE work is great for students looking for summer employment and for those just looking for their first job. However, for employees who stand out, there will be many work opportunities beginning after the fair ends at the Pacific Coliseum working at Vancouver Giants hockey games and concerts.

**HOT JOBS**

"The great thing for most of these jobs, the resumé really doesn't matter for the front line positions … they just have to impress at the group interview," said Shields. "For the most part, no experience is necessary."

The group interviews will be made up of 10 applicants and will be assessed by a facilitator to decide what area will be the best fit for each person. Shields said that applicants should arrive in business-casual dress and have an open attitude to everyone in attendance.

"What they have to do is interact as much as possible," she said.

There will also be many perks to working at the PNE, including draws to win big screen TVs and digital cameras and receiving the PNE specialist customer training service plan. The PNE also has a scholarship program to reward employees who perform above and beyond expectations with $500 for their post-secondary education.

"We see a lot of people who come back here year-after-year, (and) it's very social … people really make a lot of friendships … it's really fun place to work in the summer," she said.

# Hispanics suffer highest death rate for U.S. workers

Hispanic workers in the United States are killed at work at a 25 per cent higher rate than other U.S. workers with many deaths coming in construction, U.S. health officials said last week.

Hispanics disproportionately take dangerous jobs like construction. Some may hesitate to speak up about safety hazards and may accept risky tasks for fear of being fired, the U.S. Centers for Disease Control and Prevention said.

The most common causes of death were falls at construction sites and roadway incidents including crashes or being hit by a car while working on a road crew, the CDC said. Deaths from workplace falls increased about 370 per cent from 1992 to 2006.

The report tracked Hispanic workplace fatalities of U.S. citizens, legal immigrants or illegal immigrants.

Immigration has become a potent political issue in the United States where about 12 million illegal immigrants live, many from Mexico, Central America and South America.

In 2006, the death rate for Hispanics was 5 per 100,000 workers, compared with 4 per 100,000 for all workers, 4 per 100,000 for non-Hispanic whites and 3.7 per 100,000 for non-Hispanic blacks, the CDC said.

Hispanics are the nation's fastest-growing minority. There were 19.6 million Hispanic workers in the United States in 2006, 56 per cent of them foreign born.

They have become an increasingly important source of labour in U.S. construction.

An analysis of construction deaths found that Hispanic workers had higher rates than non-Hispanics in the same occupations such as labourers or roofers, the CDC said. REUTERS

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Monday, June 9 at 4 p.m. Room 309

**Drafting**
Wednesday, June 11 at 1 p.m. and 4 p.m. Room 724

**English as a Second Language (ESL)**
Wednesday, June 11 at 6:30 p.m. Room 5025 Broadway campus

**Esthetics**
Wednesday, June 11 at 4:30 p.m. Room 201

**Nursing Unit Clerk**
Wednesday, June 11 at 5 p.m. Room 518

**Administrative Assistant**
Thursday, June 12 at 3 p.m. Room 622

**Culinary Arts**
Friday, June 13 at 9:30 a.m. Room 305 C

All sessions (except where noted) are offered at our **Downtown campus**
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## » Office Yoga

By HEATHER DeLONG

### This Week's Pose: Shoulder Stretch

» Five minutes of daily office yoga can help relieve physical tension, reduce mental stress and increase awareness of your posture at work.

» This shoulder stretch will help relieve tension, increase blood circulation in your upper back and leave you feeling energized.

» Remember that every aspect of the pose should feel comfortable and you should never feel any pain when doing yoga.

exhale

1083 Cambie St. Vancouver (Yaletown)
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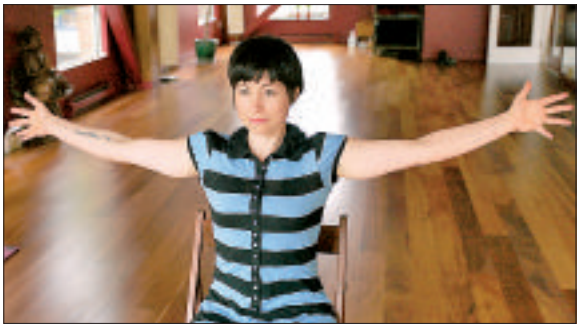
**Step 1:** Sit tall at the edge of your chair with your feet hip-width apart. Contract your abdominal muscles and inhale your arms open in line with your shoulders.



**Step 2:** As you exhale, bring your right arm across your chest. Relax your shoulders, turn your head to the right, tuck in your chin slightly and press the crown of your head toward the ceiling. Find a focal point on the ceiling and take several deep breaths.

**Step 3:** Squeeze your abdominal muscles to protect your lower back. As you inhale, release your arms in line with your shoulders. Repeat the pose with your left arm.

**Step 4:** When you have completed both sides, rest your hands on your lap and roll your shoulders forward and backward several times to release tension.

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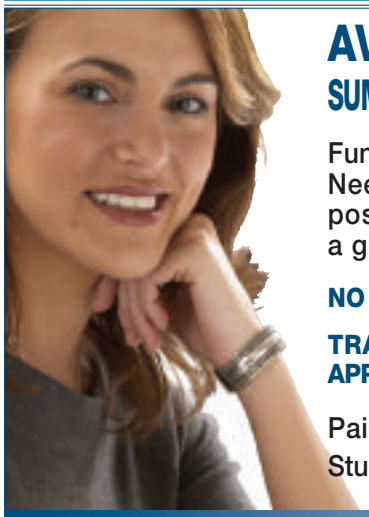

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# Booking knowledge for careers

## Let results, not the clock, determine work patterns: Authors

Picture an office where no meeting is mandatory and employees can come and go as they please as long as they get the job done.

"Too good to be true," most cubicle occupants would probably say, but an upcoming book about this results-only work environment is not fiction. In fact, authors Cali Ressler and Jody Thompson pioneered the concept while working at consumer electronics chain Best Buy Co. Inc., which now makes the option available to about 3,000 of its 4,000 corporate staffers.

> « *We've perfected ROWE (results-oriented work environment) for the office environment today, but we know that there are elements of it that can be spread to any company in the country and across the world.* »
>
> *Cali Ressler*

In Why Work Sucks And How To Fix It, Ressler and Thompson maintain that time — or control over it — heals many corporate wounds.

Too often, they say, a company will treat employees like children incapable of working without supervision, while promoting mediocre performers simply because they put in a lot of time at their desks. Meanwhile, the traditional work week of 8 a.m. to 5 p.m. Monday through Friday no longer serves the needs of many customers.

In a results-oriented work environment (ROWE), however, a company focuses exclusively on job performance, rather than work schedules or office politics. At Best Buy, productivity has increased, and fewer of the employees the company wanted to retain have left, although "involuntary" turnover rates have increased as unsatisfactory workers were exposed.

Employees can do their jobs at home or in Starbucks, first thing in the morning or in the middle of the night. One of the hallmarks of a ROWE is that a person who goes home at 2 p.m. is not leaving early, while someone who arrives at that time is not late.

The book includes the story of an e-learning specialist who typically wakes up without an alarm and does at least some of his work at home in front of the television. Meanwhile, a dot-com employee has been able to spend more time with her son.

The authors have gone on to apply the ROWE concept at a small financial services company in Wisconsin through CultureRx, the consulting firm they have founded.

"We've perfected ROWE for the office environment today," Ressler said, "but we know that there are elements of it that can be spread to any company in the country and across the world."

But with ROWE still in its infancy, unhappy employees may have to resort to other measures. Luckily, a couple new books offer some suggestions.

For those who want to make the best of the corporate life, How To Be Useful combines what author Megan Hustad calls the best of the past century or so of "success literature" and tailors the advice to the young and cynical.

"I'd like everyone to be more aware of what was being written back when working for a living was actually a source of inspiration to people," writes Hustad, a former book editor and bookstore manager.

But there are always people who fantasize about leaving the rat race. Escape From Corporate America by marketing-executive-turned-career-coach Pamela Skillings provides a step-by-step guide to finding more fulfilling work, whether with another employer or as an entrepreneur, freelancer or artist.

"You don't have to stay stuck in a job you hate, and you don't have to starve to find work you love," Skillings writes. "All you need is a plan and a little bit of nerve." REUTERS

In the recently released book Why Work Sucks And How To Fix It, the authors say the cubicle model of office work can be bad for worker morale.

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# entertainment

Keira Knightley, left, is close to signing on to play Eliza Doolittle in an update of the London-based classic My Fair Lady.
TVGUIDE.COM

## weekend box office

» Following are the top 10 films at the North American box office for the first three days of the weekend beginning on June 6:
» **1. Kung Fu Panda, $60 million US**
» 2. You Don't Mess With The Zohan, $40 million
» 3. Indiana Jones And The Kingdom Of The Crystal Skull, $22.8 million
» 4. Sex And The City, $21.3 million
» 5. The Strangers, $9.3 million
» 6. Iron Man, $7.5 million
» 7. Prince Caspian, $5.5 million
» 8. What Happens In Vegas, $3.4 million
» 9. Baby Mama, $779,000
» 10. Made Of Honor, $775,000
REUTERS

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# Keys finds herself

## R&B singer turns troubled times into big success

SONY BMG PHOTO

Alicia Keys latest CD, As I Am, debuted at No. 1 on record charts.

R&B singer Alicia Keys is enjoying a successful worldwide tour, a chart-topping album and will act in an upcoming movie, but it might not have happened, she said, were it not for a near breakdown two years ago.

Keys, whose current hits include No One, is in the middle of her As I Am tour. The new As I Am album debuted on record charts at No. 1 and has sold over three million copies.

While Keys seems to lead a charmed life and has the sort of career that most other 26-year-olds could barely imagine, it hasn't always been so rosy. Two years ago, the singer went through a troubled period that nearly derailed her life and career. A workaholic lifestyle and the death of a close relative from cancer pushed her "very close" to the breaking point, she admits.

Instead of having a public meltdown, Keys faced her demons in private.

"I knew I needed time away, so I went to Egypt for a month — on my own, which gave it a whole different perspective," she said.

"It allowed me to see things I'd never seen before ... and it inspired me so much, and renewed me."

Keys said she felt like it was important to be alone so she could reflect on her thoughts and examine her life, away from the media spotlight. She also cut back her work schedule."I'm definitely a workaholic in some ways, although less than I was before," she said.

Ultimately, she said, the near-breakdown brought about an artistic breakthrough that helped shape the music on her third album and her edgier stage persona.
REUTERS

# Heche told to pay for her son's care

Anne Heche must give her ex-husband $275,000 US plus regular child-support payments for the care of their son, a judge has ruled, BBC News Online reports.

Her five-year marriage to Coleman Laffoon ended last year.

Heche has to provide $3,700 a month for Homer, plus 75% of the costs of sending him to private school.

The couple met while making a documentary about comic Ellen DeGeneres, an ex-partner of Ms Heche.
METRO NEWS SERVICES

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hmv SONY red tag.ca VACATIONS metro Do it daily.

# Hot style to cool down

## As temperatures rise, chill out with these tips

So! There's a heat wave upon us and you're looking around your space thinking; 'Blimey; 'What do I do to lighten up, and how can I make my world that little bit fresher? Without, ahem, breaking the bank?'

Well, panic not — we're here to help. Stick with us, kids, and we'll soon have you refreshed, invigorated ... and a whole load cooler. Literally and visually.

First things first. It's time to pare back. Tear down those thick winter curtains and replace them with lighter voiles that'll visually freshen and allow summer breezes to float through your home. And, while you're at it, peel back those chunky wool throws, knobbly cushions and heavy bed dressings and seasonally adjust your environment.

As replacements, opt for cooler cotton or silk Pashmina style throws and lightweight foam-filled cushions instead of feather — each far more comfortable during hotter climes.

If you really want to effect full seasonal adjustment then perhaps it's time to paint out the very warming wintry colours you chose at the end of last summer! However, if you don't want to completely redecorate, then by simply adding an accent wall in a cool shade like Dulux 'Big Chill' (it's baby blue!) or Dulux 'Early Frost' (a soft yet crisp green note) you can achieve surprisingly cooling results. Either of these selections would provide the perfect foil to balance existing mocha, caramel or even chocolate shades.

### COLIN & JUSTIN'S INTERIOR DIVINE

Colin and Justin's Top Five Cool Downs:

**ONE:** Invest in a sexy fan; 'The Hampton Bay Retro', a gorgeous oscillating design finished in chrome, costs just $49.95. Available from Home Depot it can be used on your desk top or can be adjusted to become a tall floor standing model.

**TWO:** Cast off those heavy layers and lighten up your soft furnishings with lightweight summer alternatives.

**THREE:** Accent walls rule! One or two paler walls will — visually — cool things down as the mercury ascends. Try light reflective paints by Rona, The Canadian How To People to further open up space.

**FOUR:** Mirror and mirrored furnishings will bounce light and brighten up even the dullest interior. Try *tanyas.ca* for a great choice.

**FIVE:** Invest in a cute wee water feature! You'd be amazed at the cooling power of a trickling indoor fountain. Click onto *tropicsnorthstudios.com* for streams of inspiration.

Finally, set your new scheme to a little music! And take it from us — nothing (of an aural nature!) cools more than Serve Chilled '08 by Hed Kandi.

Featuring high on our 'at home' soundtrack, it's a refreshingly relaxing vibe that'll help you shift down a few gears as the temperatures rise!

Colin & Justin's The Home Show, airs Tuesdays at 11 p.m. and Saturdays at 4 p.m. ET on HGTV. *www.hgtv.ca*

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### columnists

» To read Rick McGinnis' column Idiot Box, visit *metronews.ca*.

### » going out

**8 p.m.** Mashit Mondays spinning hip hop, funk, reggae and rock. At The Royal, 1029 Granville St. Tix: $5. Info: *theroyal.ca*.

**8 p.m.** The Tings Tings spinning pop and electro. At The Plaza Club, 881 Granville St. Tix: $13.50 Info: *plazaclub.net*.

**8 p.m.** Imaginations Treetrunk, Ground Breakers and More spinning hip hop. At Lamplighter Public House, 92 Water St. Tix: $7. Info: *thelamplighter.ca*.

**10 p.m.** Summer Fling Mondays spinning hip hop, R&B and top 40. At Citrus Club, 20299 Industrial Ave. Tix: $10. Info: 604-530-8888.

| | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime 6/9/08 | 251 | 308 | 3 CBC | Just-Gags | Countdown to | Pretty Woman ★★★ (1990) Richard Gere, Julia Roberts. (CC) | | | | CBC News: The National (N) | | (:05) The Hour |
| | 255 | 358 | 6 CH | E! News (N) | The Insider | Engagement | How I Met | My Boys | Nashville Star (Season Premiere) (N) (CC) | | | News (CC) |
| | 254 | - | 8 M | Law & Order: SVU | | Mandarin News | | Cantonese News (N) | | Punjabi News (In Punjabi N) | | The Simpsons |
| | 250 | 321 | 9 CTV | eTalk (CC) | Degrassi | Corner Gas | Robson Arms | Canadian Idol Auditions. (N) | | CSI: Miami "Triple Threat" | | News (N) |
| | - | - | 10 OMNI | According-Jim | George Lopez | Coach (CC) | Growing Pains | Jeeves and Wooster "Chuffy" | | The Daily | Diya (CC) | New Day |
| | 252 | 336 | 11 GTV | Entertainment | ET Canada | Bones "Death in the Saddle" | | House "The Right Stuff" (PA) | | Durham County (N) (CC) | | News (N) |
| | 256 | 389 | 12 VI | Degrassi | Friends (CC) | Big Bang Th | 30 Rock | Two/Half Men | According-Jim | Comedy Now | Comedy Inc. | News (N) |
| | 253 | 359 | 13 CITY | American Gladiators (N) | | The Bachelorette DeAnna holds a singing contest. (N) (CC) | | | | The Mole (N) (CC) | | Reviews |
| | - | - | 14 CW | '70s Show | '70s Show | Gossip Girl (CC) | | One Tree Hill (CC) | | Seinfeld | Seinfeld | Frasier (CC) |
| | 289 | 381 | 15 CBS | Entertainment | The Insider | Bill Engvall | How I Met | Two/Half Men | Engagement | CSI: Miami "Triple Threat" | | News (N) |
| | 287 | 379 | 16 NBC | Evening Mag. | Inside Edition | American Gladiators (N) | | Nashville Star (Season Premiere) (N) (CC) | | | | News (N) |
| | 602 | 568 | 19 W | Will & Grace | Friends (CC) | How Clean | House | Confidential | Divine Design | How Clean | Kim | House |
| | 288 | 380 | 21 ABC | Wheel-Fortune | Jeopardy! (N) | The Bachelorette DeAnna holds a singing contest. (N) (CC) | | | | The Mole (N) (CC) | | News (N) |
| | - | - | 23 KVOS | M*A*S*H | Scrubs (CC) | Little Black Book ★★ (2004) Brittany Murphy, Holly Hunter. | | | | Will & Grace | Scrubs (CC) | Seinfeld |
| | 291 | 383 | 27 PBS | Steves Europe | Antiques | Antiques Roadshow (CC) | | Stay Rich Forever & Ever With Ed Slott (CC) | | | Dr. Wayne Dyer: The Power | |
| | 290 | 382 | 28 FOX | Two/Half Men | Two/Half Men | Bones "Death in the Saddle" | | House "The Right Stuff" (PA) | | News (N) (CC) | | Family Guy |
| | - | 364 | 48 PBS | (6:00) Best of Pledge | | Best of Pledge | | | | Best of Pledge | | |
| | 296 | 654 | 34 SBK | Frasier (CC) | Frasier (CC) | Cheers (CC) | South Park | Comics Un. | Half & Half | Entertainment | The Insider | Paid Program |
| | 298 | 653 | 35 TLA | Two/Half Men | Two/Half Men | Gossip Girl (CC) | | One Tree Hill (CC) | | KTLA Prime News (CC) | | Friends (CC) |
| | 295 | 651 | 36 WGN | WGN News at Nine (N) (CC) | | Family Guy | Two/Half Men | Sex and-City | Friends (CC) | Will & Grace | Will & Grace | My Wife-Kids |
| | 297 | 652 | 37 WPX | CW11 News at Ten | | Two/Half Men | Friends (CC) | Sex and-City | Will & Grace | Frasier (CC) | George Lopez | Odd Couple |
| | 199 | 311 | 76 STR | Superman | News (N) | News | | Late Show-Letterman | | Nashville Star (Season Premiere) (N) (CC) | | |
| news | 502 | 390 | 29 NW | Afghanistan's Opium Trail | | CBC News: The National (N) | | CBC News: The National | | Afghanistan's Opium Trail | | National |
| | 500 | 500 | 40 CNN | Anderson Cooper 360 (CC) | | | | Larry King Live | | Anderson Cooper 360 (CC) | | Cooper 360 |
| sports | 407 | 419 | 22 RSP | European Poker Tour | | Soccer UEFA Euro 2008 -- Italy vs. Netherlands. | | | | Sportsnet Connected (Live) | | Sportsnet |
| | 400 | 400 | 30 TSN | SportsCentre (Live) (CC) | | | In This Corner | Soccer UEFA Euro 2008 -- France vs. Romania. (CC) | | | | SportsCentre |
| | 411 | 457 | 49 OLN | Departures (N) (CC) | | Pilot Guides (CC) | | Don't Forget Your Passport | | The Amazing Race 7 (CC) | | Mantracker |
| | 410 | 403 | 54 SCR | WWE Monday Night Raw | | (:15) Score Tonight | | WWE Monday Night Raw (CC) | | | | Score Update |
| | 417 | 406 | 55 SC | Barrett-Jackson | | Pinks | Pass Time | This Week in NASCAR | | SuperCars | Car Crazy | Auctions |
| | 416 | 409 | 144 GLF | Fútbol Alemán: Equipos SA | | Gol TV News | | Ole: La Liga | | Gol TV News | | Gol TV News |
| family | 552 | 543 | 25 YTV | Malcolm-Mid. | Prank Patrol | Fries That? | Adrenaline | Futurama | Shadow | Falcon Beach "Desperados" | | Mystery Hnt. |
| | 555 | 545 | 50 TEL | George | Scooby Doo | Scooby-Doo | 6teen | Total Drama | Futurama | Teenage Mutant Ninja Turtles ★★ (1990) | | |
| | 557 | 541 | 51 FAM | That's-Raven | Smart Guy | Zack & Cody | Natural-Sadie | Han. Montana | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | 553 | 546 | 56 TRE | Comfy Couch | Rolie Polie | Beren. Bears | Babar (CC) | Backyard | Dora-Explorer | Crazy Quilt | The Bittles | Comfy Couch |
| cable variety | 268 | 354 | 5 KNO | Leading Edge | Wild at Heart | In the Shadow of the Chief | | Ungrateful Dead | | (:10) Polio Hunters (CC) | | Nature |
| | 575 | 583 | 20 CMT | Home Imp. | Roseanne | Dedicated | | Reba (CC) | Hope & Faith | Home Imp. | Roseanne | Ed (CC) |
| | 570 | 580 | 24 MM | 2008 MMVA's Sneak Peek | | MuchTopTens Top 10. (CC) | | Punk'd (CC) | Rock the Cradle (CC) | | Video on Trial | Spotlight |
| | 600 | 564 | 26 H&G | Design U (N) | Parents House | House | Marriage | Outside | Find Style | Property | Home to Stay | Design U |
| | 615 | 520 | 61 A&E | The First 48 Airline executive. | | Crime 360 "Fatal Feud" (CC) | | Intervention Drug addicts. | | Intervention (CC) | | The First 48 |
| | 628 | 584 | 62 SPKE | (6:00) The Firm ★★★ (1993, Drama) Tom Cruise. (CC) | | | | CSI: Crime Scene Invstgtn. | | Star Trek: Voyager (CC) | | Deep Space 9 |
| | 521 | 560 | 64 TLC | Jon & Kate | Jon & Kate | Master-Dance | Master-Dance | Jon & Kate Plus 8 | | Jon & Kate | Jon & Kate | Jon & Kate 8 |
| | 616 | 522 | 63 SHO | ReGenesis (CC) | | Cold Squad "Marilyn Larson" | | Trailer Park | Billable Hours | Damages (CC) | | (:05) House |
| | 620 | 523 | 70 BVO | (6:00) The In Crowd ★★ (CC) | | Law & Order "Privileged" | | Without a Trace "Life Rules" | | Heart of the Storm (2004) Melissa Gilbert. | | |
| | 601 | 562 | 41 SLC | Project Catwalk (N) (CC) | | End of Leash | Spoiled | Tim Gunn's Guide to Style | | Project Catwalk (CC) | | Trading Sp |
| | 520 | 505 | 42 DIS | Canada's Worst Handyman | | Daily Planet (CC) | | Dirty Jobs "Dirtiest Tools" | | Canada's Worst Handyman | | MythBusters |
| | 522 | 506 | 44 HIS | NCIS "Bete Noir" (CC) | | Dogfights (CC) | | Rome Mark Antony returns to Alexandria. | | Legends | | Crime Stories |
| | 627 | 528 | 45 SPC | Blood Ties Undercover cop. | | Stargate SG-1 "Shadow Play" | | Star Trek: Voyager (CC) | | Star Trek: Enterprise (CC) | | Star Trek Gen. |
| | 294 | 650 | 67 TBS | Name Is Earl | Name Is Earl | Bill Engvall | Bill Engvall | Sex and-City | Sex and-City | Analyze That ★★ (2002) Robert De Niro. | | |
| | 619 | 525 | 68 TROP | Deal or No Deal Canada | | ET Canada | What | X-Weighted (CC) | | Are You Smarter | | Deal-No Deal |
| | 603 | 561 | 69 FN | Ramsay's Kitchen Nightmares | | Restaurant Makeover (CC) | | Iron Chef America (CC) | | Good Eats | Perfection | Ramsay |
| | 626 | 547 | 57 COM | Air Farce | 22 Minutes | Laughs | Corner Gas | The Simpsons | South Park | Distraction | Com.-Presents | Daily Show |
| | 320 | 621 | 60 CEN | John Adams "Unnecessary War" (CC) | | | Evan Almighty ★★ (2007) Steve Carell. | | | (:15) American Dreamz ★★ (2006) (CC) | | |
| | 581 | 566 | 101 MTV | The Paper | Life of Ryan | MTV Live (CC) | | Super Sweet | The Paper | The Paper | Life of Ryan | MTV Live |
| | 261 | 394 | 102 V | Divine Restor. | Recreat. Eden | Doc "Nobody" (CC) | | McLeod's Daughters (CC) | | Prime Minister | Wait for God | Paid Program |
| | - | - | 106 MUL | The Land | Daughters | Doctor Song Lian Sheng | | I Luv New York | | GMA Telesine Night | | Patrol World |

## critics' corner

### How I Met Your Mother

No! They're not ready for some football, so be quiet about the big game! A funeral keeps the friends from watching the Super Bowl. They record it to watch the following night, but they want to be surprised, so they try to keep from finding out who won. That's no easy task — especially with no halftime wardrobe malfunction to monopolize the morning-after talk. Barney (Neil Patrick Harris) runs into former Dallas Cowboy Emmitt Smith on the street. 8:30 PM on CH

### Nashville Star

It's about time this show got a broadcast network berth after all those years on cable. Season six brings lots more changes to the country music competition: Duos and groups are now allowed, auditions are open to those 16 and up, and Billy Ray Cyrus takes over as host. The season premiere showcases the good, the bad and the ugly from the audition rounds — always fun. 10 PM on STR

# celebritybuzz

## Shania 'healing her broken heart'

Shania Twain opened up about her split from husband of 14 years, producer Robert "Mutt" Lange on her website recently, usmagazine.com reports.

"As I am sure you have seen or heard; I am going through a rough time personally in my life," the country singer wrote.

"I wanted you all to know that I could not be getting through this without you.

"Your letters, emails and words of encouragement give me strength. Your overwhelming support reminds me to smile, no matter how deep the pain and to always be grateful for all the beautiful blessings in my life. I have so much to say but I know the best way for me to speak is through my music.

"This is my therapy, my passion, and my love. I look forward to sharing it with all of you as I begin this new journey.

"I need some time to heal this broken heart but make no mistake; I will be back and hopefully stronger than ever."

Twain and Lange announced their split on May 15. They have a son, Eja D'Angelo, 6. Twain's secretary and house manager disputed people.com's report that she broke up the Timmins, Ont. native's marriage. Metro News Services

## Hayden kisses and tells

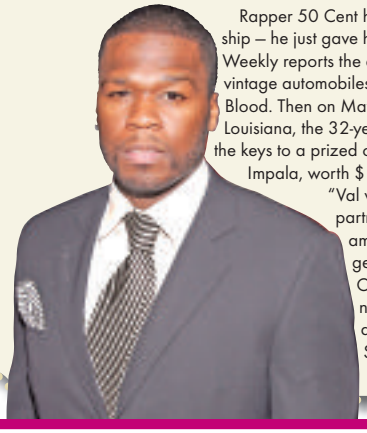
Hayden Panettiere won't talk about dating her Heroes co-star Milo Ventimiglia, but she recently revealed that she has no problem kissing other girls, according to tmz.com.

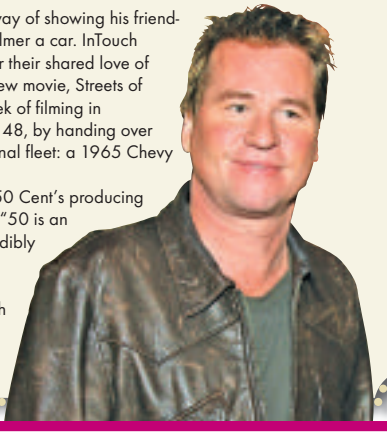
The 18-year old actress told the U.K. edition of Glamour magazine about her experimental ways.

"It's great to be single. It's great to have boyfriends. Or girlfriends. There are occasions when you kiss your best friend growing up, having fun and goofing about. Like perfecting your technique!"

Metro News Services

## Fiddy doesn't nickel and dime





Rapper 50 Cent has an extravagant way of showing his friendship – he just gave his new co-star Val Kilmer a car. InTouch Weekly reports the duo first bonded over their shared love of vintage automobiles on the set of their new movie, Streets of Blood. Then on May 23, after just a week of filming in Louisiana, the 32-year-old surprised Val, 48, by handing over the keys to a prized classic from his personal fleet: a 1965 Chevy Impala, worth $100,000.

"Val was shocked," says 50 Cent's producing partner, Randall Emmett. "50 is an amazing guy and incredibly generous." Val and 50 Cent play cops in the new action flick, which also stars Sharon Stone. Metro News Services

## Swayze back to work

Patrick Swayze, who was diagnosed with pancreatic cancer in March, is heading back to work, usmagazine.com reports. A&E has ordered 13 episodes of his new series The Beast, according to the Hollywood Reporter. Swayze plays an unorthodox FBI veteran who trains a new partner while being pursued by a secret Internal Affairs team.

A&E execs told the Reporter that the actor's doctors have cleared him to resume work. Metro News Services

Getty Images photos

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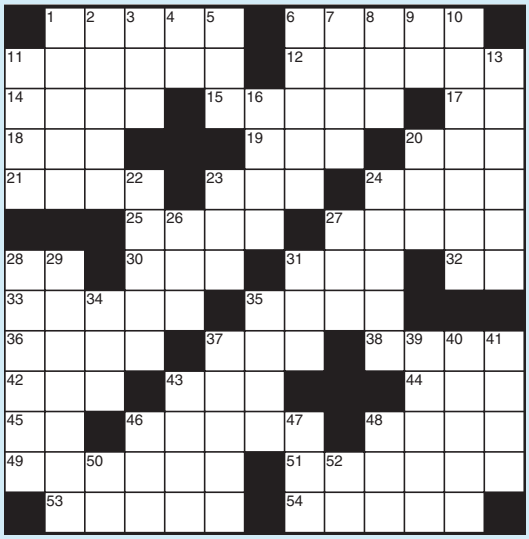


## down

1 Kind of panel
2 Babble
3 Sandy's reply
4 West Coast st.
5 Yale athlete
6 Swab brand
7 Big Dipper bear
8 Long sigh
9 New England st.
10 Quincy in "The Odd Couple"
11 First name in perfume
13 Urbane
16 Chafes
20 Assist
22 Utah city
23 Average grade
24 Classical language
26 Untold centuries
27 — Andreas Fault
28 Flashlight carriers
29 Tel Aviv coins
31 Oola's guy
34 Farm animal
35 Fourth dimension
37 Paired, as oxen
39 In — — (briefly)
40 Turn aside
41 Capp or Gump
43 Stun
46 — tai
47 Question
48 Brief craze
50 What's that?
52 Scale note

## across

1 Outer —
6 Modern physics particle
11 Paddock
12 Nature walks
14 Norse king
15 — wolfhound
17 Doubtful answer
18 Lynx or panther
19 Work — — sweat
20 Back when
21 Two-color cookie
23 ABC rival
24 Luxury transport
25 The Bee —
27 Nobelist from Egypt
28 You and me
30 Woodland creature
31 Feedbag morsel
32 Vt. neighbor
33 Luster
35 Writer — Morrison
36 Rough-cut
37 Kennel sound
38 Auto-parts store
42 Barely make do
43 Abbot
44 Colorless
45 Concerning
46 — — face (grimace)
48 "Sixteen Tons" singer
49 Dirty politics
51 Like cloudless nights
53 Jerked away
54 Child

### previous answer

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | R | C | | F | E | S | T | | E | L | M | O |
| L | O | O | | A | L | A | I | | N | O | O | K |
| S | I | L | | D | I | S | P | O | S | A | L | S |
| O | L | D | I | E | | | | D | U | D | E | |
| | | | O | D | D | | P | E | R | | | |
| F | I | N | N | | O | R | E | | E | L | A | N |
| A | R | T | | | N | A | P | | | E | W | E |
| B | A | H | S | | U | P | S | | W | I | L | E |
| | | | A | P | T | | I | C | H | | | |
| | R | A | C | E | | | | R | O | B | I | N |
| T | E | C | H | N | I | Q | U | E | | E | V | E |
| A | N | T | E | | R | U | M | P | | L | A | O |
| W | E | S | T | | K | E | P | T | | A | N | N |

## HOROSCOPE

**ARIES** | March 21-April 20
A strange conversation will raise concerns. Buy something useful before tomorrow. Show appreciation to those who help you.

**TAURUS** | April 21-May 21
Let people focus on your talent. Astounding incidents of kindness will create harmony. Boasting can cause problems at work.

**GEMINI** | May 22-June 21
You'll know that an ethical action is necessary. Don't rely on anyone who lacks integrity. Appreciate what an amusing guy says.

**CANCER** | June 22-July 22
Go out of your way to help a painful situation. An accusatory woman is mistaken. A lesson is learned by a proud person.

**LEO** | July 23-Aug. 23
You'll speak soothingly to a friend. Refuse to argue when someone is troubled. Someone is being confrontational to create chaos.

**VIRGO** | Aug. 24-Sept. 22
Boost your health now to avoid ailments. Witty activity will be encouraged by friends. Better information comes from remarkable people.

**LIBRA** | Sep. 23-Oct. 23
A compulsive shopper will research a better bargain. Treat a colleague to a thrilling surprise. A lover won't hide any true feelings.

**SCORPIO** | Oct. 24- Nov. 22
Give outsiders a time to remember. A forlorn walker will transform depression. Time is running out for a change to be made.

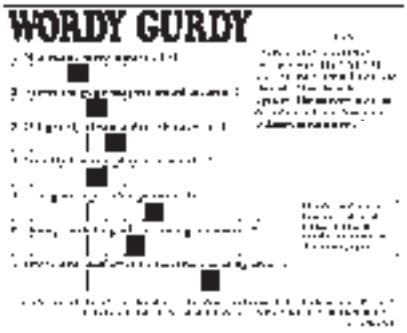
**SAGITTARIUS** | Nov. 23- Dec. 21
Be more direct in your encounters with honest people. You'll enjoy a truth-seeking discussion. Keep an open mind.

**CAPRICORN** | Dec. 22-Jan. 20
Happiness is found when things work out for the best. Bad habits can hinder a relationship. Delayed money will arrive.

**AQUARIUS** | Jan. 21-Feb. 18
Disregard your fears and take stock of your values. Now you can set realistic goals. Someone's love life is changed by innuendo.

**PISCES** | Feb. 19-Mar. 20
You can take care of things by being unconventional. You will not seem to be a good organizer. You'll see a remarkable event. AVATAR VENUS

## WORDY GURDY



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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 1 | | 4 | 5 | 8 |
| 5 | 7 | | 4 | 2 | | | 9 | |
| | | | | | | 7 | | |
| | | | 3 | | | | | 9 |
| 4 | 1 | | 8 | | 9 | | 6 | 3 |
| 9 | | | | | 6 | | | |
| | | 2 | | | | | | |
| | 3 | | | 8 | 7 | | 1 | 5 |
| 1 | 8 | 5 | | 3 | | | | |

### instructions

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

### solve time

| | |
|---|---|
| Under 13 minutes | Genius |
| 13-17 minutes | Scholar |
| 17-21 | Smart |
| 21-25 | Pretty good |
| More than 25 | Keep practising |

### previous answer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 9 | 5 | 6 | 7 | 2 | 8 | 4 |
| 5 | 4 | 2 | 8 | 9 | 3 | 7 | 1 | 6 |
| 7 | 6 | 8 | 4 | 1 | 2 | 5 | 9 | 3 |
| 1 | 8 | 3 | 7 | 4 | 6 | 9 | 2 | 5 |
| 2 | 9 | 5 | 3 | 8 | 1 | 6 | 4 | 7 |
| 4 | 7 | 6 | 9 | 2 | 5 | 8 | 3 | 1 |
| 6 | 3 | 1 | 2 | 7 | 9 | 4 | 5 | 8 |
| 8 | 2 | 7 | 1 | 5 | 4 | 3 | 6 | 9 |
| 9 | 5 | 4 | 6 | 3 | 8 | 1 | 7 | 2 |

metro is available at your neighbourhood Blenz.
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## Vancouver weather

| Afternoon | Tonight | Tuesday | Wednesday | Thursday |
|---|---|---|---|---|
| 90% | 60% | | | |
| Rain. 13° | Rain. Low 7° | Cloudy. 15°/ 9° | Mainly sunny. 16°/ 11° | Cloudy. 15°/ 10° |

The Weather Network
theweathernetwork.com

**Temperature**
**Normals**
High: 19.1°
Low: 10.5°

**Records**
High: 27.2°/1955
Low: 5.6°/1971

Sunrise: 5:07 a.m.
Sunset: 9:16 p.m.
Moonset: 1:03 a.m.
Moonrise: 12:11 p.m.

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# Home and mobile are now one.

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Make and receive unlimited local calls via your wireless Internet connection when you're at home. And enjoy all the advantages of wireless when you're mobile.

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Nokia 6301

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Pacific Centre
Oakridge Centre
Park Royal Shopping Centre, West Vancouver

**BURNABY**
Brentwood Mall
Lougheed Town Centre
Metropolis at Metrotown
Royal Oak Fido Store

**LANGLEY**
Willowbrook Shopping Mall

**PORT COQUITLAM**
Coquitlam Centre

**RICHMOND**
Richmond Centre

**SURREY**
Guildford Town Centre

**RETAIL PARTNERS**

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665 Robson Street
CELLULAR BABY
1191 Robson Street
2460 Heather Street
Capilano Mall, North Vancouver
City Square Mall, Vancouver
Park Royal Shopping Centre, West Vancouver
CELLUNET
6338 Fraser Street
2430 Commercial Drive
ICOREA COMMUNICATIONS
Robson Public Market
617 West Pender Street
110B-123 Carrie Cates Court, North Vancouver
JC TELECOMMUNICATIONS
1238 Robson Street
KINGSWAY MOBILE
1463 Kingsway Avenue
ORANGEWAVE WIRELESS
Arbutus Village
8269 Granville Street
6596 Victoria Drive
PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street
735 Gore Avenue
UNIPAGE
Royal Centre
3565 Kingsway
88 West Pender Street

**ABBOTSFORD**
SKYNET
Meadow Fair Plaza
WIRELESS WORLD
32330 South Fraser Way, Unit 4

**BURNABY**
CELLULAR BABY
Lougheed Town Centre
Metropolis at Metrotown
Metrotown Centre
ICOREA COMMUNICATIONS
Hannam Supermarket, 4501 North Road #106
ORANGEWAVE WIRELESS
Madison Centre Mall
PEPPER WIRELESS
Crystal Mall
UNIPAGE
Crystal Mall
Metrotown Centre

**COQUITLAM**
UNIPAGE
Henderson Mall

**DELTA**
WIRELESS WORLD
Scottsdale Mall

**LANGLEY**
ORANGEWAVE
20226 Fraser Highway, Unit 122

**MAPLE RIDGE**
SKYNET
Haney Place Mall

**NEW WESTMINSTER**
PEPPER WIRELESS
Royal City Centre

**PORT COQUITLAM**
SKYNET
2564 Shaughnessy Street, Unit 104
101A – 2748 Lougheed Highway

**RICHMOND**
CELLULAR BABY
Richmond Centre
CELLUNET
4020 No 5 Road
PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre
Richmond Public Market
UNIPAGE
Aberdeen Centre
Lansdowne Centre
Parker Place

**SURREY**
ICOREA COMMUNICATIONS
1-15357 – 104th Avenue
3-13634 – 104th Avenue
NONI WIRELESS PLUS
Peninsula Village
6926 King George Hwy
Real Canadian Superstore, 7550 King George Hwy
107 - 15551 Fraser Highway
PEPPER WIRELESS
Central City Shopping Centre
SKYNET
7500 Scott Road, Unit 104
9182 – 120th Street
SONIC WIRELESS
12815-B – 96th Avenue
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Offers are subject to change without prior notice. A monthly airtime plan, a FIDO UNO compatible phone, a high-speed Internet service (minimum speed of 512 kbps for both uplink and downlink) and a wireless router are required. The FIDO UNO option includes unlimited local calls made and received via the wireless Internet connection (Wi-Fi). Canadian, U.S. and international long-distance calls are not included. Calls initiated on Fido's network, long distance charges and other additional services will be billed as per the current rates with your Fido service. Certain limitations relative to the 911 emergency service apply to the FIDO UNO service. Visit fido.ca for details. FIDO UNO service is powered by Rogers. **Router offer:** A $80 credit offer is available on purchase of the voice optimized Router with activation of a monthly plan and a FIDO UNO option and the purchase of a FIDO UNO phone. Credit will appear on the customer's second invoice. If the FIDO UNO service is terminated within 90 days of activation, the $80 credit will be charged back. **Buy one, get one offer:** available to customers purchasing two Nokia 6301 phones and each opting for a three-year Fido Agreement per phone, in the same account, at time of purchase. Credit for the second phone will appear on the customer's second invoice. Credit will not be given for the applicable sales taxes. The price of the Nokia 6301 is valid until August 5, 2008 with activation of a monthly airtime plan with a three-year Fido Agreement. Early cancellation fees apply. Under the Fido Rewards Program, existing customers can redeem their FidoDollars on the purchase of regularly priced phones. Visit fido.ca for full details. Fido received the 2007 J.D. Power & Associates award for "Highest in Customer Satisfaction with Contract Wireless Service" in Canada. ®™ Fido and FIDO UNO are trademarks of Fido Solutions Inc. All other brand names and logos are trademarks of their respective owners. © 2008 Fido Solutions Inc.